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UNITED NATIONS
**Trudeau tries to save the world**
metroNEWS

# I HAVE MET THE ENEMY, AND IT IS PARKING. METRO'S MATT ELLIOTT ON A MAJOR BARRIER TO TORONTO'S PROGRESS

metroVIEWS

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**'LAST MILE'** Finding a place to park near a transit hub sucks. Meet a group with a solution for when commuting is toughest, metroNEWS

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Tragically Hip tour raises more than $1M for brain cancer research in Canada.

# Toronto's cultural corridor

## Arts and culture groups want the city to bestow that designation along their vibrant stretch of Bloor

**Gilbert Ngabo**
Metro | Toronto

A section of Bloor Street could soon become the city's official "cultural corridor."

Following lobbying efforts from a group of arts and culture organizations along Bloor from Bay to Bathurst, city council's economic development committee voted Monday to bestow the designation.

If council approves the move, the corridor will be the first of its kind in Toronto — and Canada, for that matter. The goal is to turn the spotlight on small arts and culture groups alongside better-known cultural institutions.

"Right now, every group is out on its own. But, with this designation, we'll all become like a world-class place," said Menon Dwarka, managing director of 918 Bathurst, an arts and culture group in the Annex that offers programming in dance, music, theatre and opera.

"This is about putting our forces together for the common good. Think of it as a BIA but strictly for arts and culture."

The 1½-kilometre stretch is home to more than a dozen cultural and artistic organizations — ranging from language institutes to museums — that have been pushing for the new title with hopes of promoting the area and the city as a cultural destination.

The corridor could be compared to the Museum Mile along New York City's 5th Avenue, said Dwarka, who worked in New York for many years before coming to Toronto.

"We honestly believe we are Toronto's leading cultural district," he said.

"Unlike in most cities in Europe where cultural organizations are spread apart, we have the advantage of being next to each other."

> **Think of it as a BIA but strictly for arts and culture.**
> Menon Dwarka

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# Group seeks changes to fight racism at law firms

**Lawyer Paul Jonathan Saguil** said it's important that the public, as well as lawyers, see themselves reflected in the legal profession. RICK MADONIK/TORSTAR NEWS SERVICE

WORKPLACES

## Diversity drops as lawyers move up in profession

A Law Society of Upper Canada working group is proposing that the regulatory body step in to ensure that law firms and other legal workplaces move to eradicate systemic racism in the legal profession, and to penalize those that fail.

The Challenges Faced by Racialized Licensees Working Group spent the past four years studying the issue and holding consultations and will present its final report and recommendations Thursday to the Law Society's benchers — its board of directors — for information purposes.

A final vote is expected on Dec. 2.

Lawyer Paul Jonathan Saguil said it's important that the public, as well as lawyers, see themselves reflected in the legal profession.

"What happens when you get to the pinnacle of the profession — people who are applying to the bench or to tribunals? As you go up the pipeline, you get people who are more and more removed from what is the true diversity of the Canadian population, and that has an impact," he said.

"For lawyers, too, it has a psychological impact when they don't see themselves reflected at their firm, and wondering how they can succeed."

Major recommendations — most of which the working group envisions would be implemented over the next three years — include requiring legal workplaces of at least 10 licensees (which include lawyers and paralegals) to develop and implement a human rights/diversity policy, "addressing at the very least fair recruitment, retention and advancement.

TORSTAR NEWS SERVICE

FAMILY LAW

# Videos ease access to justice for deaf

Gilbert Ngabo
Metro | Toronto

A new campaign in Toronto aims to help deaf women facing family breakdowns navigate the legal system.

Through its Family Law Education for Women program, METRAC has partnered with Springtide Resources and members of the deaf community to create two videos being launched Thursday.

The videos were produced in American Sign Language, with closed captioning, and contain detailed information about child custody rights and information about support services for survivors of domestic assault.

METRAC has for years provided sign language services for deaf and hard-of-hearing women through direct translation, but feedback from the deaf community showed it "wasn't very helpful," said METRAC's legal director Tamar Witelson.

"This is about increasing access to justice. There's a lot of concerns when women are separating from their partners, and it's even harder for deaf women," she said, noting that having a multimedia element in the resources will go a long way.

The challenges facing deaf or hard-of-hearing women during family separation battles can stretch beyond just access to justice. If a family is breaking up due to intimate abuse in relationships, for example, the woman is less likely to even seek legal help because of stigma around such cases, Witelson said.

"We still have many women in this situation who don't even understand what their legal rights are," she said. "Many even end up going in court without a lawyer to represent them."

**530,000**

Number of people in Ontario who are deaf or hard of hearing. That's almost 5 per cent of the population.

Source: Canadian Hearing Society

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Syed Hussan of the Migrant Workers Alliance for Change has been among those advocating for an overhaul of the temporary foreign workers program. TORSTAR NEWS SERVICE FILE

# Labour standards low for migrants

EMPLOYMENT

## Overhaul of foreign worker program needed: Report

Luke Simcoe
Metro | Toronto

Migrant workers in Toronto say a series of proposed reforms to the country's temporary foreign worker program don't go far enough to protect them from abuse or help them integrate into Canadian society.

A parliamentary committee released a 74-page report Monday, detailing 21 proposed changes to the way the country handles foreign workers and the businesses that employ them.

The report aims to strike a balance between the needs of businesses and rights of workers, but critics say concerns of the latter are not addressed.

"This report is in no way comprehensive, but it's just the beginning of a long journey towards appropriate solutions," said Syed Hussan, co-ordinator of the Toronto-based Migrant Workers Alliance for Change.

The temporary foreign worker program came under scrutiny in 2013 when the CBC reported companies — ranging from Royal Bank to McDonald's — were relying on foreign labour rather than hiring Canadians.

Recommendations in the parliamentary report include increasing the cap on the number of foreign workers a business can employ from 10 per cent to 20 per cent, as well as methods to make it easier for the seasonal farming, seafood and hospitality industries to hire foreign labour.

The report does note "migrant workers continue to suffer from labour standards violations at the hands of their recruiters and employers" and calls for increased oversight of businesses utilizing the program.

Many migrant workers addressed the parliamentary committee during its consultations, but Hussan said only some of their concerns are dealt with in the report.

He said the report does not adequately address workers' need to pursue permanent residency. In particular, he noted the report does not mention cases of workers whose applications for residency were denied on disability grounds.

The Caregivers Action Centre in Toronto reported there were 25 such cases in 2015 alone.

"It's a big concern for temporary workers and it had been raised and highlighted during our discussions," Hussan said.

WITH FILES FROM GILBERT NGABO

COURTS

**Parents imprisoned for life for daughter's death**

More than two decades after 17-year-old Melonie Biddersingh was abused, murdered and abandoned in a parking lot, her killers are serving life sentences.

Her stepmother, Elaine Biddersingh, convicted of second-degree murder by a jury, will not be eligible for parole for 16 years, a judge ruled Monday. Her father, Everton Biddersingh, convicted at a separate trial of first-degree murder, was automatically sentenced in January to a parole ineligibility of 25 years.

TORSTAR NEWS SERVICE

MARCO MUZZO

## Family sues drunk driver for $22.5M

Convicted drunk driver Marco Muzzo and his family's drywall business are being sued by the relatives of the three children and grandfather he killed in a September 2015 car crash.

Daniel, 9, Harrison, 5 and Milly Neville-Lake, 2, along with their 65-year-old grandfather, Gary Neville, died when an impaired Muzzo, then 29, drove through a stop sign in Vaughan and struck the family's minivan.

Also injured in the crash were the children's grandmother, Neriza Neville, and great-grandmother, Josefina Frias.

The case attracted national attention because of the number of victims in the same family and the Muzzo family's wealth, estimated to be $1.8 billion by Canadian Business magazine.

The $22.5 million-dollar lawsuit, filed in Superior Court in April, is being brought by Neriza Neville, as well as the children's parents, Edward Lake and Jennifer Neville-Lake, their uncle Jonathan Neville and aunt Josephine Neville.

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# ‘Last mile’ hardest for commuters

PARKING

## Policy makers, planners to meet Tuesday to discuss fixes

May Warren
Metro | Toronto

Each day when she arrives at the Brampton GO station to begin her commute to Ryerson University, Tina Singh scopes out the parking.

It’s never easy to find a spot.

“You have to park really far away,” she told Metro while waiting at Union Station. “Your train could be coming in two minutes but you're parked all the way back there and you don’t have enough time to get to the train.”

The 20-year-old nursing student is just one of thousands of commuters across the GTA who find the first or last leg of the commute — the part that takes them from work or home to a transit hub — one of the most challenging.

Called the “last mile,” the Ryerson City Building Institute is bringing together planners, policy makers and the public to talk Tuesday night about ways to fix the problem.

With sprawling neighbourhoods, weak suburban bus systems, and a lack of bike lanes outside the city centre, many people feel they have no choice but to drive that last mile, said Cherise Burda, the institute’s executive director.

Because of that, “the shortest mile turns out to be the longest mile,” she said.

GO station parking lots are already getting crowded, and it’s only going to get worse as the GTA’s population grows, Burda added.

For Kevin McLaughlin, a panellist at the event and vice-president at BlancLabs, which has worked on ridesharing, part of the solution is harnessing the energy of technology and services such as Uber and Lyft.

“For better or worse we have an enormous increase in vehicles for hire and it’s really about trying to tap into that network,” he said.

But the trick is to use it to get people to and from transit hubs — not to replace the hubs all together.

Tina Singh finds parking at the GO station one of the most frustrating parts of her commute. EDUARDO LIMA/METRO

Other solutions include building suburban bike lanes, adding more bike parking at GO stations and creating denser communities designed specifically around transit systems, Burda said.

“If you look at most GO stations, they are just parking lots that are surrounded by fences, “ she said. “That needs to change.”

Packed parking lots, like this one at the Clarkson GO Station, are one frustration commuters face as part of the “last mile” of their journey. TORSTAR NEWS SERVICE FILE

### INTERNATIONAL SOLUTIONS

In Centennial, Colo., just outside Denver, commuters can get a free ride from Lyft to the light rail station, as part of a partnership between the city and the ridesharing app, CityLab reports.

In Kansas City, Mo., the transit authority has partnered with an app called Bridj for a one-year pilot project.

According to CityLab, riders can hail small vans, driven by transit employees, for about $1.50 a ride, to complement existing public transit.

In the southwestern Indian city of Mysore, a bike share system that puts bikes at intra-city bus stations is set to launch soon, according to The Hindu, a newspaper there.

BUSINESS

## Female entrepreneur numbers up

A new report suggests women are joining the growing ranks of Ontario’s entrepreneurs in increasing numbers, outpacing the rest of the country.

The Ontario edition of the Global 2015 Entrepreneurship Monitor (GEM) found that 14.4 per cent of Ontario respondents were involved in setting up a business, putting it ahead of larger economies like the U.S. and Australia. For every 100 male entrepreneurs in the province, the survey suggested that there are 92 female counterparts. This number put Ontario ahead of Canada and many of the other 62 economies included in the survey. But the study, conducted by the Ryerson University’s Brookfield Institute for Innovation & Entrepreneurship — also indicated that women in Ontario are dogged by stronger fear of failure than their peers elsewhere in the world.

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# We must do more, prime minister says

UNITED NATIONS

## Canada to boost funds for migrants and refugees globally

The grim shadow of world events descended over a conference on refugees on Monday as Prime Minister Justin Trudeau and other world leaders gathered to make new commitments to victims of a historic migration crisis.

News crept in from nearby and abroad to underscore the oft-stated point at the summit that work on refugees remains a task in progress. As the prime minister spoke, word filtered out about bombing ending Syria's ceasefire.

While the war made new victims, the debate closer to the New York conference revolved around whether to show them any hospitality. A series of attempted bombings in the city added new fuel to a combustible U.S. election debate on Muslim migration.

Justin Trudeau speaks at a Global Compact Luncheon at UN headquarters in New York on Monday. THE CANADIAN PRESS

Trudeau got applause from delegates to the United Nations conference when he mentioned Canada's acceptance of almost 31,000 refugees. A CNN anchor moderating another event quoted Trudeau welcoming refugees at the airport. He didn't let the applause linger long.

"While that is a great story, I don't want to lose sight of the fact that Canada's engagement must not stop at resettlement," Trudeau said.

"Now is the time for each of us to consider what more we can contribute. So, in Canada, we're looking at our options."

He announced Canada would spend an additional $64.5 million over the next several years to support people affected by humanitarian crises around the world, and increase its foreign-aid budget by 10 per cent to help displaced children get back to school.

The challenge was illustrated by the woman seated beside him. In Jordan, the unofficial population count is now almost 10 per cent Syrian refugees: "Will we leave refugees to languish in camps ... and slums?" said Queen Rania, who co-chaired one of the discussion sessions with Trudeau.

THE CANADIAN PRESS

**+ INQUIRIES**

At least 13 countries have made inquiries about Canada's private refugee-sponsoring system in the hope of potentially emulating it, immigration minister John McCallum said during a conference on the migration crisis.

OTTAWA

## First legal battle over Phoenix pay system

Haley Ritchie
Metro | Ottawa

Former public servant Darrel Delisle is the first person to sue the federal government over the troubled Phoenix pay system, which has left thousands of people waiting for their paycheques.

Delisle filed his case in small claims court on July 14.

In the documents filed as part of the lawsuit, Delisle explains he was a casual contractor for Global Affairs starting in March 2016. After three months of not being paid, Delisle quit prematurely to find paying work.

In total he is asking for $24,000 — which includes his $11,400 owed pay, as well as remuneration for child-care expenses, vehicle parking and jobs he turned down while employed but not paid.

"I am now experiencing financial hardship and personal difficulties due to non payment," Delisle says in the document. "My request for damages also includes the real possibility that this will have a negative effect on future employment opportunities with the Government of Canada and Global Affairs Canada."

**Minister Judy Foote** waits to appear in front of a commiittee about the Phoenix pay system Monday in Ottawa.
ADRIAN WYLD/THE CANADIAN PRESS

Delisle claims he placed over 635 calls to the pay centre in Miramichi trying to get answers about paycheques that never materialized.

In their defence filed Aug. 15, the Attorney General of Canada disagreed that Delisle is owed money. Instead, the government claims that he owes them $14,691 because the Phoenix system accidentally overpaid him in July.

The case is set to go to a settlement conference in October.

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# Suspect captured in gun battle with police

NEW YORK

## Ahmad Khan Rahami arrested in connection with bombings

A New Jersey police officer responding to a call about a hooded vagrant curled up asleep in a bar doorway roused him and quickly recognized the bearded face of perhaps the most wanted man in America.

Ahmad Khan Rahami — identified in an FBI bulletin just hours earlier as a man wanted in the weekend bombings in New York City and New Jersey — pulled a gun, shot the officer and triggered a running gun battle in the street that ended with Rahami wounded and in custody Monday, authorities said.

A bloodied Rahami was loaded into the back of an ambulance, just 50 hours after the first blast that started it all.

Rahami, 28, a naturalized U.S. citizen from Afghanistan who lived with his Muslim family in Elizabeth, New Jersey, underwent surgery for a gunshot wound to the leg as authorities began drawing up charges in a case that spread fear across the New York area and revived anxiety about homegrown terrorism.

Ahmad Khan Rahami is taken into custody after a shootout with police on Monday in Linden, N.J. BOSTON HERALD/THE ASSOCIATED PRESS

Late Monday, a hospitalized Rahami was charged in New Jersey with five counts of attempted murder of police officers in connection with the shootout and was held on $5.2 million bail. Federal prosecutors said they were still weighing charges over the bombings.

New York Mayor Bill de Blasio said officials have every reason to believe the series of bombings "was an act of terror," though investigators said Rahami's exact motive isn't yet clear.

With Rahami's arrest, officials said they have no indication there are more bombs or suspects to find, though they cautioned that they are still investigating.

The probe started when a pipe bomb blew up Saturday morning in Seaside Park, New Jersey, before a charity race to benefit Marines.

No one was injured.

THE ASSOCIATED PRESS

TURKEY

## Man jailed for assault on woman in shorts

A Turkish news agency says a court has ordered a man arrested pending trial for attacking a woman who was wearing shorts on a bus, after his initial release caused uproar. It says the court in Istanbul ordered Abdullah Cakiroglu jailed for "inciting hatred" and "preventing a person's right to exercise his or her freedom" for kicking Aysegul Terzi in the face. Cakiroglu was released from custody despite expressing no remorse. His release sparked protests and uproar on social media. THE ASSOCIATED PRESS

### IN BRIEF

**Two-faced calf born**

Visitors to a central Kentucky farm may do a double-take when they see the newest addition: a two-faced calf. Stan McCubbin of Campbellsville said that he thought he had twins when he first saw the calf, which has two noses, two mouths and four eyes. THE ASSOCIATED PRESS

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METRO POLL

## What should be Canada's next top bird?

Canada doesn't have an official national bird. No, we can't believe it either. In a bid to set things right, Canadian Geographic has created the National Bird Project, which will designate our best feathered friend by 2017. After a preliminary vote, five finalists will now be considered by a flock of experts. We asked our readers to tell us their favourite of the five. Who knows — maybe these tallies will help goose the final results.

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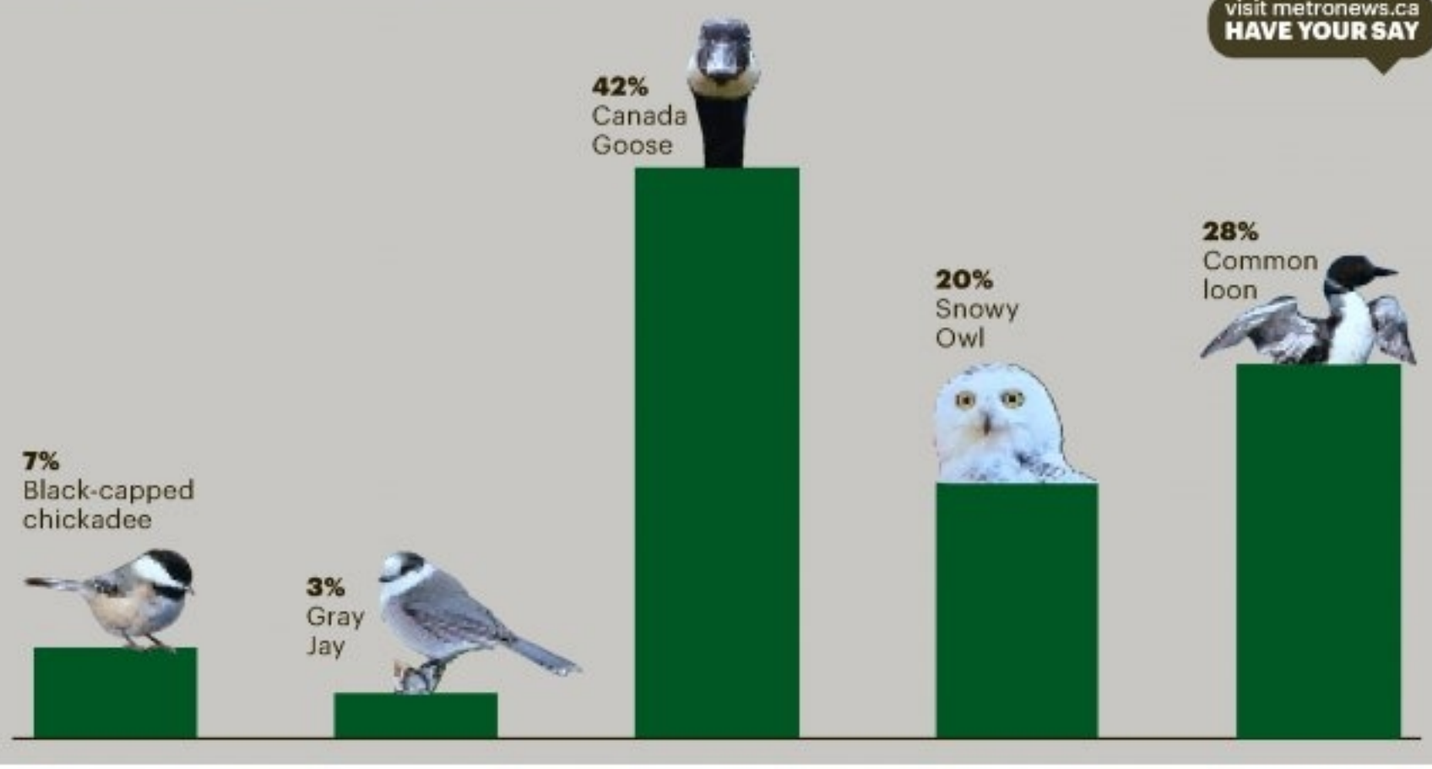


# Parking stands in the way of true urbanism

TORY'S TORONTO
**Matt Elliott**

I have met the enemy, and it is parking.

In Toronto, bad and outdated parking policies are insidious. They stand in the way of transit expansion and affordable housing. They are contrary to urbanism.

And these policies must be stopped.

This all might sound like hyperbole, but I'm hardly exaggerating.

Let's start by looking at the Toronto Parking Authority (TPA), the city-owned agency tasked with building parking spaces in the city. A new report by the Toronto Region Board of Trade points out that the TPA kept over $120 million in earnings from its spaces and lots between 2005 and 2014, all of which they spent building more parking spaces.

And it gets worse. Over the next decade, according to the report, the TPA plans to spend another $304.5 million on parking expansion.

Think about that. The TPA is a public agency. It could be directing revenues from parking to city priorities. Parking cash could theoretically build transit or bike lanes or housing — things that aren't just patches of concrete for cars to rest on.

But nope. It's parking all the way down.

Still not convinced? Consider the work of 20-year-old University of Toronto student Thomas Dybowski. As reported by Metro's Luke Simcoe last week, Dybowski has been looking at the impact parking has on housing affordability.

It turns out bylaws dictating minimum parking requirements for new developments are contributing to higher home prices by forcing people to pay for parking spaces they either don't use or could do without.

Dybowski's research says these requirements can increase the cost of a housing unit by 10 to 25 per cent. In a city that struggles desperately with affordability, that's absurd.

But wait, there's more. The enemy also threatens plans to improve regional transit.

Plans to electrify GO Transit rail routes and provide frequent service are threatened by the fact that most GO stations are located in an isolated area surrounded by a sea of free parking.

But the model's reached its limit. With no space left at many stations, GO is building parking structures that cost tens of millions of dollars. According to Metrolinx figures, each parking space costs GO between $150 to $200 a year in operational costs.

The vast majority of these spaces, of course, generate no revenue. Instead, they're a constant drain on cash that could go toward service.

Untangling ourselves from the parking status quo won't be easy. But it starts with recognition that ample parking is not an asset in a thriving urban area. Instead, it's something to be leveraged and monetized and ultimately minimized as the city and the region shifts toward transit and active transportation. Parking is the enemy, and enemies should be vanquished.

**Matt Elliott** lives and writes in Toronto. Follow him on Twitter @GraphicMatt

## ROSEMARY WESTWOOD

# I hate that I have to say 'I told you so' about judges who don't get it

A seasoned columnist once told me you know you're losing your relevance when you start quoting yourself. But this is really too good to pass up.

Two weeks ago, in the wake of Robin Camp — our poster boy for judges who don't know the law, let alone exude gender sensitivity in applying it — I wondered who else? What other sexist idiocy is hiding inside a judge's robes? It was the obvious question, and some good journalists asked it. And now we have a slew of answers.

There is Alberta Provincial Court Justice Michael Savaryn, who is under review after ruling that a teenage boy didn't sexually assault a teenage girl. The boy grabbed her breast and backside and tried to kiss her, and she said no, but the judge decided she hadn't clearly expressed her objections because, you know, she smiled.

Then another Alberta judge — Pat McIlhargey — acquitted a 16-year-old boy of raping a 13-year-old girl because "she did not scream, she did not run for help" and she didn't tell her friend.

And finally, hitting the headlines last week was Alberta Justice Keith Yamauchi, who in 2013 ruled that three women's complaints of historical sexual assault weren't credible because they didn't come forward sooner — logic that defies actual Supreme Court guidance and the fact that there is no statute of limitations in Canada on sexual assault.

Really, these cases are piling up like some kind of awful nursery rhyme and exhibit thinking just as antiquated: "One bad judgment, two bad judgments, three bad judgments, four. Unless you're a men's rights activist, you know there must be more."

Let's also keep in mind these other facts. Two unifying factors in all these cases are A: male judges and B: male judges relying not just on so-called common sense but on sexist common sense. It's the problem with assuming that, just by living, you have a good sense of what credible behaviour looks like in others, even if you have no clue as to what it's like to be them, or be raped, for example.

In case you're tempted to think Alberta is some kind of outlier, you might like to know that Crown attorneys in Ontario, as part of the province's It's Never Okay action plan to stop sexual violence, received training on rape culture in the courtroom this year.

And in case you forgot the upshot of all this: Sexism in our justice system not only discriminates against women, it lets sexual predators off the hook.

Thus, we have a system that serves them, and of course, judges, who face little scrutiny and highly secretive reviews. That is, when they face any at all.

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Pink tweets support of Corey Feldman after his bizarre dance on the Today Show

# LOVE YOUR LIVER KNOW YOUR PAINKILLERS

Do you come home from a night on the town, guzzle a glass of water with two extra-strength Tylenol to ward off a hangover? You're not doing your liver any favours. Overdose of acetaminophen, Tylenol's active ingredient, is a top cause of liver injury according to Dr. Constantine Karvellas from the University of Alberta Hospital. It doesn't take much, and adding alcohol can be deadly. Health Canada has just moved to make manufacturers label acetaminophen more clearly, but there's still copious confusion about common drugstore painkillers, their uses and risks. **Here's what you need to know.** GENNA BUCK/TORSTAR NEWS SERVICE

## ACETAMINOPHEN

**A.K.A.**: Tylenol, Atasol, Midol, Pamprin, Robax, Paracetamol; hundreds of cold and sinus remedies and cough syrups.
**Used for:** Pain, fever
**Who shouldn't take it?** Heavy drinkers (more than three drinks a day) and people who've messed up their livers with acetaminophen before. Steer clear if you're near the maximum daily dose — and don't forget to add up all the sources of acetaminophen. Some experts want the daily limit lowered from 4000 mg, or eight extra-strength tablets, to 3000 mg. Liver damage can even happen below the cut-off if the person is drinking heavily or taking the medicine for a long time.

## IBUPROFEN

**A.K.A.:** Advil, Motrin; many cough, cold and pain remedies
**Used for:** Pain, inflammation, fever
**Who shouldn't take it?** Pregnant women (especially if they're 30 weeks along or more); people at high risk of bleeding disorders such as blood clots, bleeding in the lining of the stomach, heart attack or stroke.

## ASPIRIN

**A.K.A.:** Acetylsalicylic acid, ASA
**Used for:** Pain and fever; also prescribed to reduce risk of blood clots, heart attack and stroke
**Who shouldn't take it?** Children younger than 12, pregnant women in the third trimester and anyone prone to bleeding or stomach ulcers.

## NAPROXEN

**A.K.A.**: Aleve
**Used for:** Pain, muscle and back aches, arthritis
**Who shouldn't take it?** Pregnant women in the third trimester and people with bleeding disorders or inflammatory bowel disease.

Ibuprofen, aspirin and naproxen all work in a similar way. They belong to a class of drugs called NSAIDs. You shouldn't take any of them if you're severely dehydrated, such as during a bad stomach bug. That can damage the kidneys. And drinking alcohol — especially a lot of it — while taking NSAIDs increases the risk of bleeding in the lining of the stomach and intestines.

## ALTERNATIVES

**You don't always have to pop a pill to relieve pain.** Often an ice pack, heating pad or hot water bottle can do the trick. Peer-reviewed studies also show relaxation, meditation and mindfulness techniques can help relieve pain temporarily.

### DOUBLING UP

It's OK to take acetaminophen with another painkiller, but doctors advise not to mix aspirin, ibuprofen, naproxen or other NSAIDs with one another — the chance of serious side effects increases, Health Canada says.

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Anna Kaiser combines pilates, hip-hop, power yoga, jazz, kick-boxing and TRX suspension rope training into her workouts. CONTRIBUTED

# Getting svelte with the 'physical DJ'

FITNESS TREND

## Calgary-born Anna Kaiser is whipping celebs in shape

Anna Kaiser considers herself a "physical DJ."

Music is an integral part of the Calgary-born celebrity trainer's workouts at AKT InMotion, a New York-based fitness studio with a dance-based interval training program at its core.

"We (the instructors) have to be inspired by the music in order to inspire others," says Kaiser, who has worked with celebrities from actresses Kelly Ripa and Sarah Jessica Parker to model Karlie Kloss and singer Shakira.

Kaiser combines pilates and hip-hop, power yoga and jazz, kick-boxing and TRX suspension rope training with Top 40 hits or deep house music.

Kaiser spoke from New York to offer fitness tips and share a short workout and playlist inspired by her dance-based interval training program at AKT.

**How did you get started in dance and fitness?**

I did yoga for many years, and then couldn't do another sun salutation. I tried pilates for many years and couldn't do another hundred. I went through all the phases. I got into the elliptical machine, same with spinning and heavy weight lifting and overbuilt my upper body. I had to keep myself in shape aesthetically as a dancer but also be able to perform at a very specific level. I was trying to find the right combination of strength, cardio and flexibility to allow myself to do that and remain successful as a performer.

**What is your dance-based interval training like?**

If you're not a dancer, it can be counter productive to dance for hours if you don't have correct posture, if you don't have the right movement patterns or kinetic alignment because it's too much impact on your body for an extended time. I found it to be more effective if you broke it up into intervals. We do a cardio interval for 10-15 minutes. Then switch to strength interval for 5-10 minutes so that you could encourage and realign the body and encourage specific muscles to engage and for the body to reconnect with the core. Every time we do that your posture gets better and your movement patterns get better.

I layer that in with dynamic flexibility at the same time. You're not just stretching at the beginning or end of class; you're stretching all throughout class.

**A lot of fitness pros say that out of the three keys to change — exercise, diet and rest — that diet is the most important. What's your perspective?**

If you're not rested you're going to be hungrier and you're going to crave food that's not good for you. If you're in a constant state of being exhausted your body is going to try and compensate for that by craving sugar and caffeine and foods that are not going to help you move towards your weight loss goals. And you're not going to have the energy to work out and your muscles aren't going to have the time to recover before they need to work out again. Your workouts are going to get compromised. Ideally, you'll get seven to eight hours a night and if not you can nap. Fifteen- to 20-minute naps have been proven to help. TORSTAR NEWS SERVICE

### THE MOVES

Kaiser shared the below dance-based interval training moves and paired each with a song. Complete 15 repetitions of each or do as many repetitions as you can in 30 seconds.

**Agility run**

**How:** Step quickly with your feet, right-left-right to the right side; then left-right-left to your left side. On the last step each time, punch the opposite arm forward.

**Song:** Dr. Dre's The Next Episode

**Hit it**

**How:** Step out to right with your right foot, cross your left foot behind and slap the floor with your left hand. This is similar to a skater or curtsy lunge. Repeat with the opposite leg but instead of slapping the floor go from low to high and make a slapping motion in the air.

**Song:** The Static Revenger remix of Dev's Bass Down Low

JOHANNA SCHNELLER **WHAT I'M WATCHING**

# The Democrat wall that the Emmys built

**THE SHOW:** The Emmy Awards (CTV/ABC)
**THE MOMENT:** The political wall

**Jill Soloway, winner of outstanding directing for a comedy series for Transparent, accepts her award at the Emmys Sunday.** THE ASSOCIATED PRESS

Coming back from a commercial, an announcement: "Ladies and Gentlemen, Dr. Bill Cosby." Awkward silence fills the room. Host Jimmy Kimmel strolls on stage. "He's not here," he says. "I just wanted to see what you would do."

Diversity may have been proclaimed the theme of the night. ("The only thing we value more than diversity is congratulating ourselves on how diverse we are," Kimmel said in his opening.) The winners were certainly a mixed bunch: lesbians (Sarah Paulson, Kate McKinnon, Jill Soloway); black actors (Regina King, Sterling K. Brown, Courtney B. Vance); South Asian men (Aziz Ansari and David Yang); men playing women (Jeffrey Tambor and Louie Anderson); Tatiana Maslany (woot!), a one-woman diversity squad on Orphan Black.

Winning shows were diverse, too: Veep, Game of Thrones and The People vs. O.J. Simpson dominated, but the Emmys made room for everything from Mr. Robot and Bloodline to Key & Peele and Grease Live!

Politically, however, there was zero diversity: In that theatre, it was hard left or nothing. I'm a proud Democrat, but as the Trump jokes wore on, I began to wonder how all this was playing in the red states.

Don't get me wrong, when Soloway chanted, "Topple the patriarchy!" I was cheering along. But to answer Kimmel's question about what "we" would do? The answer seems to be, make that wall between Democrat and Republican a bit higher.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

EMMYS

# Maslany's win a boon for Canucks

Tatiana Maslany's Canadian peers are celebrating her Emmy win for Orphan Black, noting it's a victory for the country's acting industry as a whole.

"It's still a rare and huge accomplishment," Republic of Doyle star Allan Hawco said by phone from St. John's on Monday, a day after the Regina native won the Emmy for best actress in a drama.

"I think people in our industry, we can be a bit cynical about awards and we can be dismissive about these kinds of things, but there's no doubt that this is huge.

"They're the capital of the industry in many ways, globally, and those awards are certainly an extremely competitive contest. And for her to just come out victorious, it really reflects the strength of that show, the strength in the writing, the strength in the concept and her performance."

Maslany won for playing multiple clones — all with widely different accents and personalities — on Orphan Black, which airs on Space and BBC America. It was her second time being nominated for an Emmy for the sci-fi thriller, which is set to end after its next season, its fifth.

**Tatiana Maslany.** GETTY IMAGES

"It certainly isn't bad for us that one of our own immense talents is taking the world by storm," said Hawco.

The 30-year-old had stiff competition in her category: Taraji P. Henson for Empire, Claire Danes for Homeland, Robin Wright for House of Cards, Viola Davis for How to Get Away with Murder, and Keri Russell for The Americans.

"I feel so lucky to be on a show that puts women at the centre," Maslany said on stage, after receiving her trophy from fellow Canadian Kiefer Sutherland.

THE CANADIAN PRESS

## TV BRIEF

**Damon Wayans unveils Lethal Weapon TV series**

Damon Wayans is direct when asked why there seems to be such a proliferation of movie-based television series invading the small screen.

"They're trying to make money, that's it," says Wayans. "It's hard to get attention these days when you're launching a new show. So producers want titles that people are familiar with." That would include Wayans' latest venture, Lethal Weapon, a TV remake of the violent but hugely successful global franchise that paired Mel Gibson and Danny Glover as out-of-sync detectives.

"With the movie being made into a TV series, that certainly gets your attention, but it still has to be good or no one is going to watch it," says Wayans. It debuts Wednesday at 8 p.m. on City.

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**Damon Wayans.**
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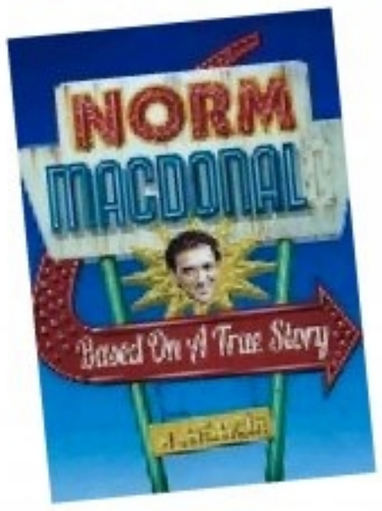
BOOK EXCERPT **BASED ON A TRUE STORY: A MEMOIR BY NORM MACDONALD**

# SNL and swigging warm bourbon from a flask




Ottawa Valley's Norm Macdonald became famous in a comedic institution where many Canadians got a break: Saturday Night Live. He hosted Weekend Update, starred in movies including Dirty Work and Billy Madison and, more recently, the TV series Sunnyside — he also does a mean stand-up and a video podcast. His memoir Based On A True Story, is out today; here's a preview.

EXCERPT FROM BASED ON A TRUE STORY: A MEMOIR BY NORM MACDONALD © 2016. PUBLISHED BY HARPERCOLLINS PUBLISHERS LTD. ALL RIGHTS RESERVED.

People often ask how many jokes I contributed to Weekend Update. The answer can be a whole bunch or one, depending on how you look at it. I pitched it during that first meeting. "David Hasselhoff is a major recording star in Germany, where his two shows, Baywatch and Knight Rider, are huge hits. Which all goes to prove my theory, Germans love David Hasselhoff." No one laughed.

Jim said, "You can do it, Norm, but non sequiturs have to be done often to have any chance to work."

"Okay, Professor," I sneered, "what's a non sequitur?"

"It's a joke that makes no sense. It's structured like a joke but has no content."

Jim was really starting to get on my nerves. That was no non sequitur. It was a real joke.

The meeting had held such promise, but it was turning bad quickly, and I sensed that two camps were forming: the camp I was in and the camp everyone else was in. I knew where I was needed. I quickly excused myself and went to meet with Wally Feresten to discuss the size of the cue cards.

**Norm Macdonald on Weekend Update: 'Weekend Update was the funniest it had ever been, and when you are that funny, you can be sure that you will not be fired.** CONTRIBUTED

The new incarnation of Weekend Update premiered in the fall of 1994 and was an instant hit. The New York Times hailed it "punk rock comedy," which is what I had been intending for them to notice from the beginning. Frank and Ross wrote all day, every day, on Update, and by week's end they had generated maybe two thousand jokes. We'd cut it down to thirty for dress and to about a dozen for air. By that time the jokes would be bulletproof, exactly like one of those punk-rock songs.

We also filled the time with features, of course, and it was so fun to have Sandler do his Hanukkah song or Farley do anything at all, really. Later, guys like Jim Breuer and Colin Quinn came along and were perfect for features because they came from stand-up and knew how to perform directly into camera. And I got to sit right beside them and watch, and, when the camera wasn't on me, I could swig warm bourbon from a flask.

I knew Weekend Update was becoming popular, because my influence at the show began to build. I was a natural at reading cue cards that were held two feet from my face. I noticed that my power on the show was directly related to the size of the cue cards. I kept demanding larger and larger cue cards, until mine were over four times as big as any other cast member's. I even negotiated for Wally to get his own personal trainer, who would work with him during the week, since the weight of the giant cue cards was beginning to prove too much for him.

We were having a great time at Weekend Update until the grumbling began. I had heard things, but I just chalked it up to general grumbling. But it was not. It was grumbling that was specific to Weekend Update and specific to me.

But I never worried. Weekend Update was the funniest it had ever been, and when you are that funny, you can be sure that you will not be fired.

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"You want to prove people right. Not really the naysayers": Tim Tebow arrived in the Mets' Port St. Lucie, Fla., minor-league clubhouse Monday

# Pestering life out of USA

WORLD CUP OF HOCKEY

## Marchand, Canada have chance to stick it to archrivals

Brad Marchand is in a hockey spotlight like never before in his career, and it's a perfect example of Team Canada's "improve every day" catch phrase for this World Cup.

That phrase is also the main focus of the team heading into what is a do-or-die game for Tuesday night's opponent, Team USA.

For Marchand, a career-high 37 goals with Boston last season and the tremendous job he's doing with Bruins teammate Patrice Bergeron on Canada's top line with Sidney Crosby reflect the growth that has been key to Canada's performance in this tournament so far.

"He's never been fun to play against," Canadian defenceman Jay Bouwmeester said of Marchand, as Canada wrapped up Monday's practice.

"Number one, he's just a good player. He may have a reputation of getting under your skin, a (pest), but people then look past how good he is."

Bergeron still has the innate ability to stir things up, especially around the opposition goal, but he's also considered an elite-level player now. The rest of the hockey world is seeing what Bruins fans have known for several years: Marchand has always combined skill and grit. He's just getting better at it. The Nova Scotia native had four 20-goal seasons before last year's breakout.

Now, at the World Cup, he's averaging over 14 minutes of ice time through three exhibition games and the tournament opener. That's over three minutes shy of his career high of 18:36 last season, but he's also playing with the best players in the world and specifically, Sidney Crosby, whose linemates were a question mark entering the tournament.

Coach Mike Babcock saw the potential for chemistry among Marchand, Bergeron and Crosby — after Marchand and Crosby skated together over the summer, and Bruins teammate Bergeron had a career high in points last season.

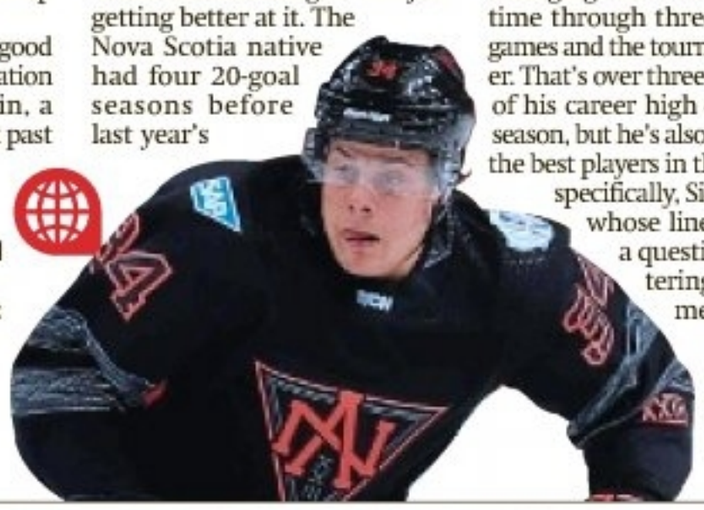
"I think we enjoy being in the offensive zone. We both like to control the puck down low and support each other," Marchand said of playing with Crosby. "He's easy to play with."

The pair combined for six points in the 6-0 opening win over the Czech Republic.

The key to World Cup success is steady improvement through the tournament. Canada's top-line chemistry is what the Canadian coaching staff wants to see continue.

That involves players buying into unfamiliar roles and putting aside the star status they're used to in the NHL. It's something Marchand understands heading into one of the most-anticipated matchups of the tournament, with Team USA badly needing a win.

"I don't think it's our goal," Marchand said of potential knocking Canada's rival out of contention. "We're more concerned about how we play. We both want to win, so we'll see how well each team is prepared to play." TORSTAR NEWS SERVICE



**Team North America's Auston Matthews scored his first Air Canada Centre goal on Monday night against Russia. Go to metronews.ca for more tournament coverage.**
GREGORY SHAMUS/WORLD CUP OF HOCKEY VIA GETTY IMAGES

### MONDAY

**Leon Draisaitl scored the overtime winner as Team Europe edged the Czech Republic 3-2 on Monday afternoon.**

- Europe improved to 2-0 in Group A while the Czechs dropped to 0-2 — all but eliminated from advancing to the semifinals.
- Zdeno Chara and Mats Zuccarello scored in regulation for Europe.
- Jakub Voracek and Martin Hanzal responded for the Czech Republic.

THE CANADIAN PRESS

**Canada's Brad Marchand pursues the puck against Jakub Nakladal of the Czech Republic on Saturday in Toronto.** BRUCE BENNETT/GETTY IMAGES

### IN BRIEF

**Take 2: Miscalculation leaves TFC short of playoffs**

Oops. Major League Soccer has backtracked on awarding Toronto FC a playoff berth.

MLS had said that Toronto, which leads the Eastern Conference with a 13-8-8 record with five games remaining in the regular season, had booked its ticket to the post-season with Sunday's 3-3 tie with the visiting New York Red Bulls.

There was no immediate word on how the miscalculation happened. It appears both Toronto and the Red Bulls needed a win Sunday to clinch.

THE CANADIAN PRESS

**Bucks sign Greek Freak to reported $100M extension**

The Milwaukee Bucks have agreed to a contract extension with Giannis Antetokounmpo.

Two people familiar with the agreement told The Associated Press on Monday that it was worth four years and $100 million.

THE ASSOCIATED PRESS

**Porcello leads Sox past O's**

Rick Porcello pitched a four-hitter for his major league-high 21st victory and the Boston Red Sox beat the Baltimore Orioles 5-2 on Monday night to pad their lead in the AL East.

Boston now has a four-game lead on Baltimore. The Orioles started the day with a one-game lead over Toronto for the top AL wild card. THE ASSOCIATED PRESS

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# With or without you: Bono blocking Irwin

MLS

## Reds' on-song backup keeps veteran waiting for his return

Injury forced goalkeeper Clint Irwin out of the Toronto FC lineup. The fine play of backup Alex Bono has extended that absence.

Both are healthy now and coach Greg Vanney has a decision to make as the Reds plan their post-season strategy. Toronto (13-8-8) leads the Eastern Conference with five regular-season games remaining and is poised to do some damage.

The question is do you fix something that isn't broken?

Bono and Irwin have each appeared in 15 games with Toronto going 8-2-4 in front of Bono since Irwin suffered a quadriceps strain June 25 in Orlando.

A now-healthy Irwin has made two USL appearances for Toronto FC 2 and backed up Bono the last two MLS games. And while Vanney is coy about the future, he hints that Irwin will soon be back.

**Clint Irwin is back healthy, but will Greg Vanney swap out Alex Bono down the stretch?** NATHAN DENETTE/THE CANADIAN PRESS

"For me Clint was our starting goalkeeper coming into the year. He got injured. (It) doesn't necessarily mean he's not our starting goalkeeper," Vanney said after Irwin backed up Bono in Sunday's 3-3 tie with the New York Red Bulls. "But Alex has been fantastic in stepping in to deal with things.

"I like that the two of them will be competitive with one another and will really try to push each other. There's a healthy competition there."

Irwin will likely get his chance soon. Toronto hosts the Philadelphia Union on Saturday, the first of three games in a week. That is followed by a two-week break in the schedule before Toronto wraps up the regular season with games in Montreal and against Chicago.

"Over the next couple of weeks, we'll be determining in which direction we'll want to go," said Vanney. "Either way, Clint's going to get some runs. We'll make our decision when the time comes."

Irwin, a steady presence on and off the pitch, has six shutouts and Bono three. He has been nothing but supportive since being sidelined.

"Electric tonight," he tweeted after Sunday's rousing comeback against the Red Bulls. "Great fight back from the boys."

THE CANADIAN PRESS

NFL

## Vikes weighing up Peterson's injury

Minnesota Vikings running back Adrian Peterson has a torn meniscus in his right knee, coach Mike Zimmer said Monday.

The Vikings are still evaluating the injury and have not yet determined how much time he will miss. Zimmer initially announced the nature of the injury while recording his weekly appearance on a local radio show and said he has not yet ruled out Peterson for Sunday's game against Carolina.

Peterson was meeting with team doctors and athletic trainers to discuss his options, which include surgery to address the injury.

**Adrian Peterson** GETTY IMAGES

"We are going through the evaluation process to figure out what the next procedure will be," Zimmer told reporters during his weekly news conference. "We are still going through all the options." THE ASSOCIATED PRESS

### IN BRIEF

**Bills owner backs Rex**

Buffalo Bills owner Terry Pegula dismissed any doubts Monday regarding Rex Ryan's authority over the team and the coach's decision to fire offensive coordinator Greg Roman.

"We do things together like any well run org would," Pegula said. "Head coach runs the team and staff."

The 0-2 Bills have spluttered out of the gates in 2016. THE ASSOCIATED PRESS

**Chargers lose Woodhead**

The San Diego Chargers have placed versatile running back Danny Woodhead on season-ending injured reserve with a torn ACL in his right knee.

It was the second season-ending injury to a Chargers playmaker in as many games. Wide receiver Keenan Allen suffered the same injury as Woodhead in a season-opening loss at Kansas. THE ASSOCIATED PRESS

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# RECIPE Roasted Chicken and Chickpea Tray Bake

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Piling a single tray full of dinner is a strategy we love for busy weeknights and if it happens to yield tender chicken with Moroccan-inspired flavors then all the better.

**Ready in 35 minutes**
Prep time: 10 minutes
Cook time: 25 minutes
Serves 4

**Ingredients**
- 5 Tbsp olive oil
- 4 cloves garlic, minced finely
- 1 tsp paprika
- 1 tsp cumin
- 2 tsp salt
- Pinch pepper
- Pinch of red pepper flakes
- 1 cup Greek yogurt
- 6 boneless, skinless chicken thighs
- 2 cups cherry tomatoes
- 15 ounce can chickpeas, rinsed
- 1 cup cilantro

**Directions**

**1.** . Preheat oven to 450 F.

**2.** Whisk oil, garlic and spices together. Take 1 Tbsp of the mixture, stir it into the yogurt.

**3.** In a large bowl, toss the chicken, tomatoes, chickpeas and cilantro with the rest of the oil and spice mixture. Arrange in a single layer on a rimmed baking sheet.

**4.** Bake for 20 to 25 minutes.

**5.** Serve with a dollop of the spiced yogurt.

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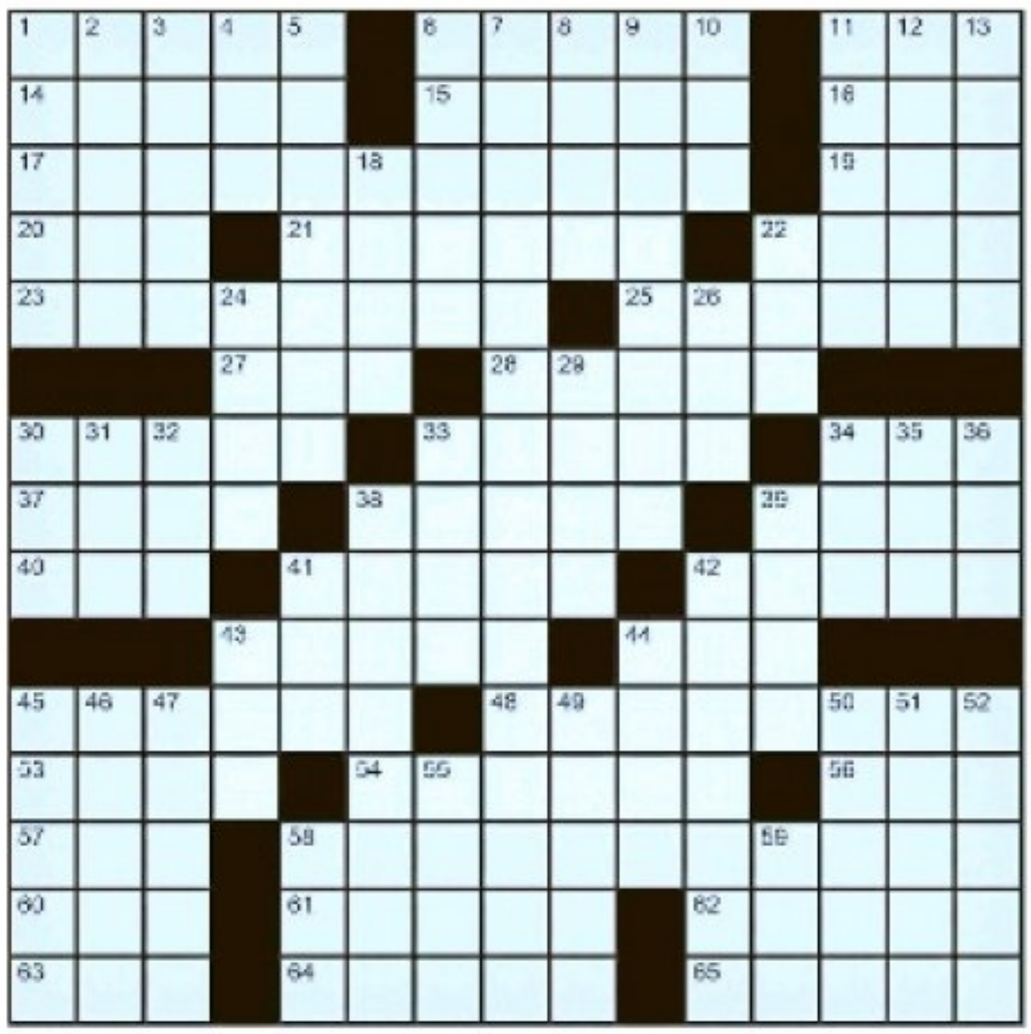
BY KELLY ANN BUCHANAN



**ACROSS**
1. Canada Post product
6. Resort in Colorado
11. Boat's stern
14. Enthusiastic
15. Castle material
16. Caviar
17. Name of the new Lay's potato chip flavour available for a limited time at Canada's famous 'Swiss' restaurants: 2 wds.
19. Pistol
20. Canuck comic Mr. Green
21. Jagged chain of mountains
22. Li'l offices
23. Without any chairs
25. Chocolate _ (Dessert selection)
27. "Without _" by Harry Nilsson
28. Was optimistic
30. Relieve or calm
33. Bran cereal benefit, States-style
34. Trudeau and Diefenbaker, et al.
37. Sort of water bird
38. Two-footed
39. _-_ (Public event, '60s-style)
40. _-thumper (Vocal supporter of a cause)
41. Singer/songwriter Ms. Chapman
42. Trumpet-playing Muppet
43. Seasoned yogurt dip
44. Blue Rodeo hit
45. Misunderstandingly-made mistakes
48. Marching, as a band
53. Actor Mr. Arkin
54. Meddle: 2 wds.
56. Murmur
57. Rule out
58. Shapeshifting spirit which imparts life lessons in traditional storytelling of Anishinaabe culture
60. Ms. Babilonia of ice
61. "A Passage to _" (1984)
62. Big cats
63. Want _ (Newspaper section)
64. Pretty perennial
65. Think alike

**DOWN**
1. Religious orders
2. Chevrolet SUV model
3. Kind of lizard
4. Mr. Brooks
5. "Ladies and gentlemen... Elvis _!!!"
6. Beasts of burden
7. James T. Kirk's gig: 2 wds.
8. Rain hard
9. Bivouacked
10. Born, in the social pages
11. 100-eyed giant of ancient Greek mythology
12. 4 4 4 4
13. Uptight
18. Wedding cake's one-of-some
22. "Married... with Children" son
24. Pointing-out word
26. 'Neath's opposite
29. Don't upset the Sergeant
30. Deed
31. Mr. Ferrigno
32. Tennis shot
33. Italian car manufacturer
34. Write
35. Bdwy. musical, with Les
36. _-Cat (Ski resort vehicle)
38. Australia city
39. Bartender on "Cheers", Woody _
41. Kitchen's water source
42. Oats/dried fruit/nuts mixture
43. Bolt
44. Triad
45. _ Ray (Aquatic creature)
46. Odyssey's prequel
47. Graph line, _-_
49. Cornered: 2 wds.
50. Blood of ancient Greek gods
51. Peter of Herman's Hermits
52. Zippo = _ egg
55. Take apart
58. Frostiness
59. Zag's pal

# IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20
This can be a productive day at work for you, especially if you want to wrap up old business. You might see new ways of doing things. You also might see new ways of using things you already have

**Taurus** April 21 - May 21
A discussion about how to educate children will yield positive results today. Certainly, people are opinionated about this and other creative matters.

**Gemini** May 22 - June 21
A family discussion might get to the bottom of something today, which is a good thing. It's time for everyone to put his or her cards on the table.

**Cancer** June 22 - July 23
Your conversations with others will be intense today. People want to know the subtext of things. They want to know what is really happening.

**Leo** July 24 - Aug. 23
You will be resourceful at using your money and possessions today to get the results you want. You might even see new ways to earn money.

**Virgo** Aug. 24 - Sept. 23
Today you are concerned with deep issues. You might want to redo something or even give yourself a makeover.

**Libra** Sept. 24 - Oct. 23
Because you want to know what is going on behind the scenes, this is a good day to research what you need to know. Dig deep and ask questions to find the answers you seek.

**Scorpio** Oct. 24 - Nov. 22
You might attract someone powerful to you today who might influence you to change your goals. You want your beliefs to be meaningful.

**Sagittarius** Nov. 23 - Dec. 21
A discussion with a boss, parent or someone in a position of authority will be memorable today. Listen to what this person has to say, at least, out of respect.

**Capricorn** Dec. 22 - Jan. 20
Someone who is knowledgeable about philosophy, politics and religion will appeal to you. You especially want to understand the truth behind big ideas.

**Aquarius** Jan. 21 - Feb. 19
Discussions about inheritances and shared property will go well today because nothing will be overlooked. It's almost as if you have X-ray vision.

**Pisces** Feb. 20 - March 20
Relations with partners and close friends are intense, because people want to get down to the nitty-gritty of things. You don't want to waste time on superficial chitchat. They want the straight goods.

**CONCEPTIS SUDOKU** by Dave Green

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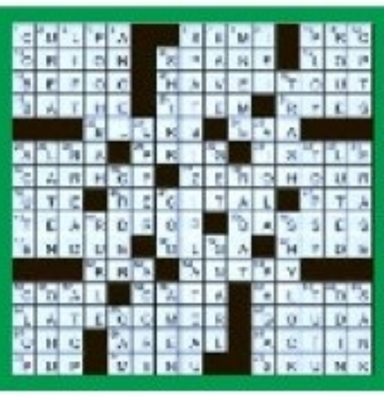

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